

# B-130

**ASSEMBLY INSTRUCTIONS**

● **REPLACEMENT PARTS**

**weider®**

**WEIDER HEALTH AND FITNESS**

21100 ERWIN STREET, WOODLIN HILLS, CALIFORNIA, U.S.A. 91367

## **WARNING**

### **CONSULT YOUR PHYSICIAN**

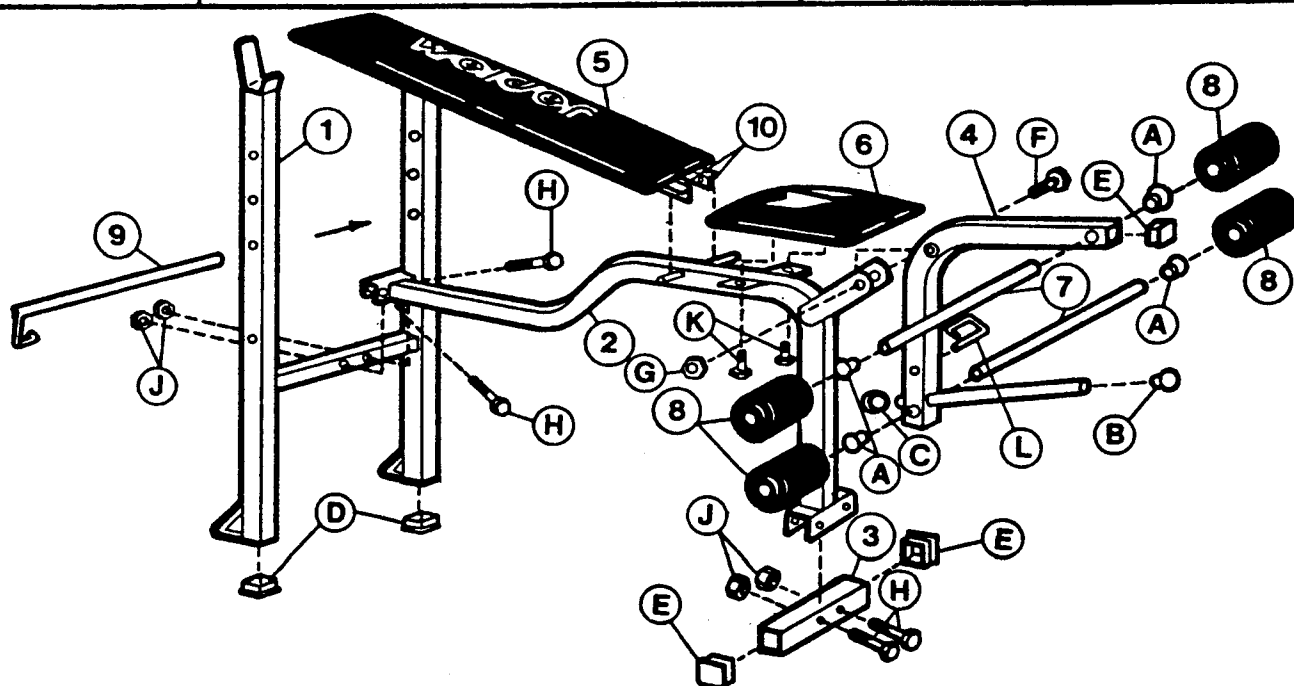
CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

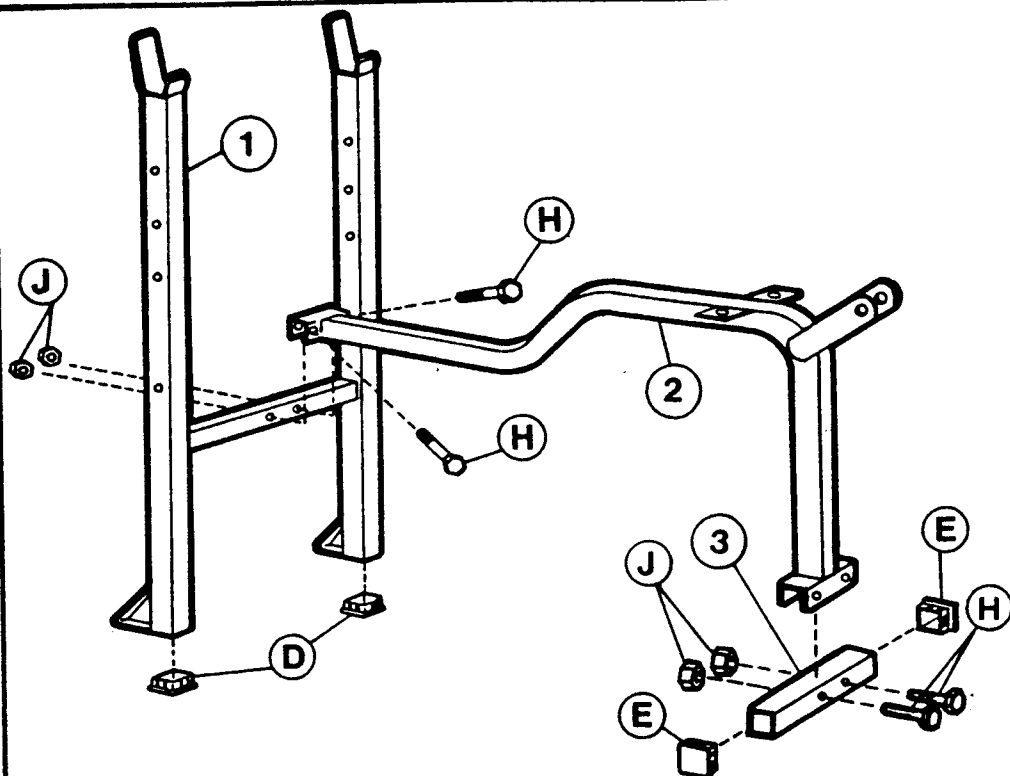
FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

### **TRAIN WITH A PARTNER**

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

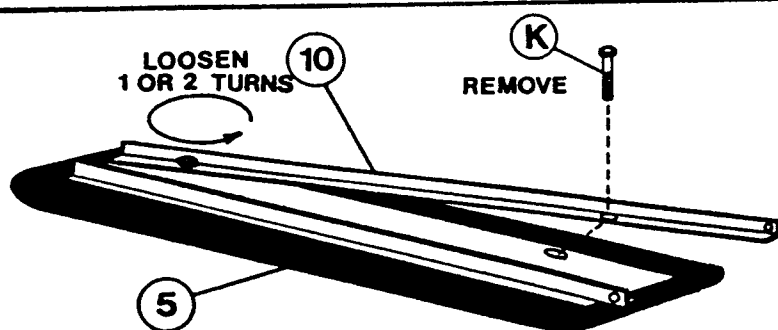
DIAGRAM NO.	PART NAME	NO. REQUIRED	ORDERING NUMBER
1	UPRIGHT	1	CA06-0208
2	MAIN FRAME	1	CA06-0114
3	FRONT SUPPORT	1	CA06-0115
4	LEG CURL	1	CA06-0116
5	BACKREST	1	CA05-0314
6	SEAT	1	CA05-0315
7	PAD BAR	2	CA06-6053
8	FOAM PAD	4	CA01-0400
9	BACKREST ADJ. BAR	1	CA06-6054
10	LONG ANGLE IRON	2	CA05-6046
	HARDWARE BAG		CA06-5778
A	3/4" RD. PLASTIC CAP	4	AA-8004
B	1" RD. PLASTIC CAP	1	AA-8005
C	1" COVER CAP	1	AA-8070
D	2" SQ. PLASTIC CAP	2	AA-8002
E	1 1/2" SQ. PLASTIC CAP	3	AA-8001
F	3/8" - 16 - 2 1/2" HEX HEAD BOLT	1	HH-5018
G	3/8" - 16 LOCK NUT	1	HH-5013
H	5/16" - 20 - 2 1/2" HEX HEAD BOLT	4	HH-5015
J	5/16" - 20 LOCK NUT	4	HH-5021
K	1/4" - 20 - 3/4" MACHINE SCREW	6	HH-5022
L	LOCKING PIN	1	WW-7004
	UPRIGHT DECAL - RIGHT	1	DE-4015
	UPRIGHT DECAL - LEFT	1	DE-4016
	INSTRUCTION MANUAL	1	IN21188





### STEP 1 - FRAME ASSEMBLY

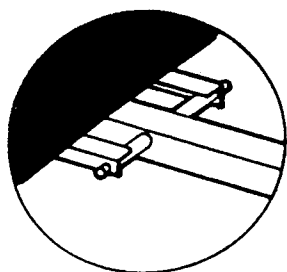
Begin by inserting 2 SQUARE PLASTIC CAPS (D) into UPRIGHT FRAME (1). Align bolt holes on main frame front u-bracket and FRONT SUPPORT (3). Secure with 2 HEX HEAD BOLTS (H) and 2 LOCK NUTS (J). With UPRIGHT FRAME (1) standing upright, lower rear u-brackets onto main frame crossmember. Align bolt holes and secure with 2 HEX HEAD BOLTS (H) and 2 LOCK NUTS (J). Insert 2 SQUARE PLASTIC CAPS (E) into FRONT SUPPORT (3). Tighten all bolts.



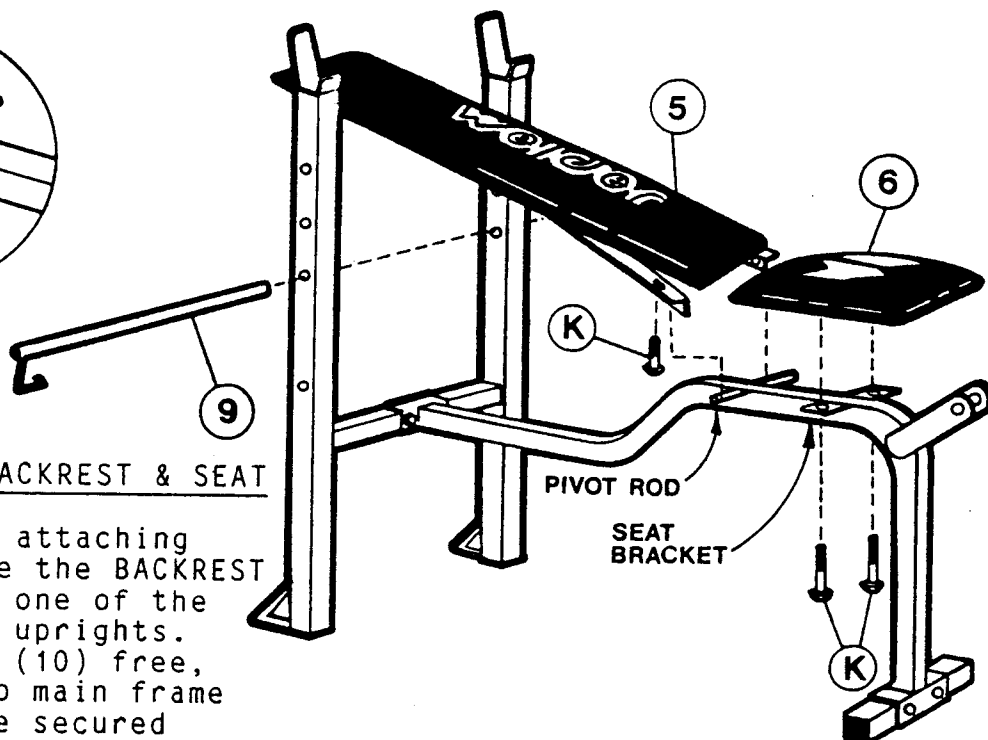
NOTE: The lower or attachment end of the BACKREST (5) can be identified quickly by the LONG ANGLE IRONS (10). The LONG ANGLE IRONS (10) will be extended approximately two inches beyond the BACKREST PAD (5).

### STEP 2 - BACKREST PREPARATION

Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (10) have been fastened to BACKREST (5) for shipment. One long angle iron must be loosened in order to assemble BACKREST (5) to main frame pivot rod. The lower MACHINE SCREW (K) must be removed while the upper MACHINE SCREW (K) is only loosened. The LONG ANGLE IRON (10) can now swing freely from the lower end of BACKREST (5).



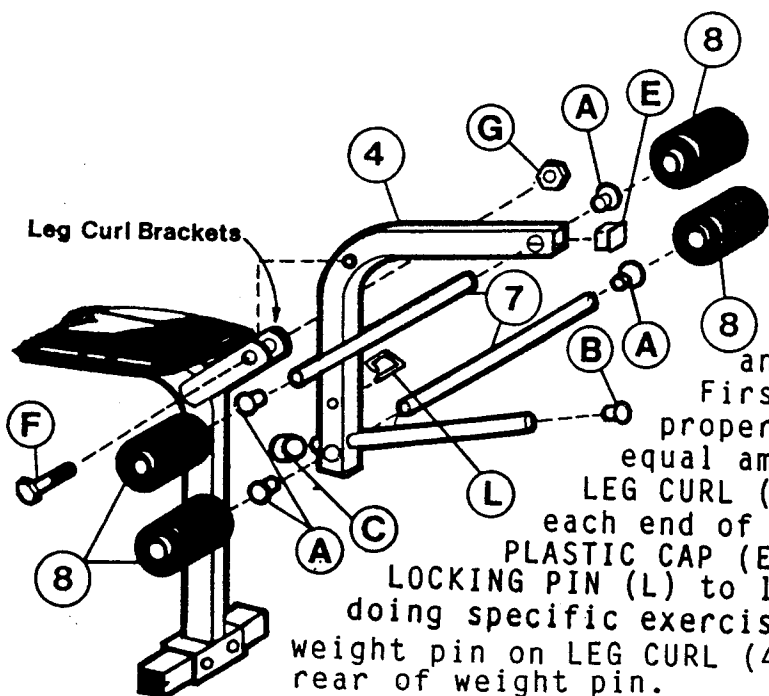
DETAIL A



### STEP 3 - ATTACHING BACKREST & SEAT

**BACKREST:** To aid in attaching backrest, first slide the BACKREST ADJ. BAR (9) through one of the hole patterns in the uprights. With LONG ANGLE IRON (10) free, lower BACKREST (5) to main frame pivot rod. Slide the secured LONG ANGLE IRON (10) onto one side of pivot rod. Swing the free LONG ANGLE IRON (10) back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace MACHINE SCREW (K) that was removed in Step 2 and tighten all machine screws.

**SEAT:** With SEAT (6) right-side up, lower SEAT (6) to seat brackets on main frame. Align bolt holes and fasten with 2 MACHINE SCREWS (K). Tighten all machine screws.



### STEP 4 - ATTACHING LEG CURL

Place LEG CURL (4) between leg curl brackets on main frame and align bolt holes. Secure with HEX HEAD BOLT (F) and LOCK NUT (G). Repeat the following instructions until all PAD BARS (7) and FOAM PADS (8) are in place. First slide PAD BAR (7) through proper hole in LEG CURL (4) until equal amounts of bar are on both sides of LEG CURL (4). Slide one FOAM PAD (8) onto each end of PAD BAR (7). Insert SQUARE LOCKING PIN (L) into end of LEG CURL (4). Use PLASTIC CAP (B) into end of LEG CURL (4). Insert PLASTIC CAP (B) into rear of weight pin. Slide COVER CAP (C) over weight pin on LEG CURL (4). Slide COVER CAP (C) over weight pin.